


# February Activities - Urbana Senior Center

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    www.FrederickCountyMD.gov/aging  
9020 Amelung St., Frederick, MD 21704    (1<sup>st</sup> floor of the Urbana Library)

\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.  
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i><b>Mondays 9:00-3:00</b></i>	<i><b>Tuesdays 9:00-8:00</b></i>	<i><b>Wednesdays 9:00-3:00</b></i>	<i><b>Thursdays 9:00-3:00</b></i>	<i><b>Fridays - Closed</b></i>
<b>3</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>4</b> 11:00 Exercise to Video 1:00 Stitching Post <b>5:30 *Dinner: Pizza</b> 6:30 Cards/Games	<b>5</b> <b>9:30 Strength Training</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	<b>6</b> 10:00 * ESL Class 10:30 Dance Exercise <b>11:30 Chinese Mah Jongg</b> 1:00 Rummikub	<b>XXII Winter Olympics Games</b>  Opening Day Ceremony February 7, 2014  Closing Day Ceremony February 23, 2014  Location: Sochi, Russia  Twelve winter sports events (three mixed events, four men's events and five women's events) will make their debuts on this winter Olympic program.  
<b>10</b> <b>9:30 Strength Training</b> 10:00 Stitching Post <b>10:30 Nutrition Minute</b> 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>11</b> 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure <b>5:30 *Dinner: Pizza</b> <b>5:30 Nutrition Minute</b> 6:30 Cards/Games	<b>12</b> <b>9:30 Strength Training</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>12:30 Nutrition Minute</b> 1:00 Wii Bowling	<b>13</b> 10:00 *ESL Class 10:30 Dance Exercise <b>11:00 Mobile I&amp;A</b> 11:30 Blood Pressure <b>Noon *Breakfast for Lunch</b> <b>12:30 Ask Nurse Steve</b>	
<b>17</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>18</b> 11:00 Exercise to Video 1:00 Stitching Post <b>5:30 *Dinner: Pizza</b> <b>6:00 Neuropathy talk</b>	<b>19</b> <b>9:30 Strength Training</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	<b>20</b> 10:00 * ESL Class 10:30 Dance Exercise <b>11:30 Chinese Mah Jongg</b> 1:00 Rummikub	
<b>24</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>25</b> 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure <b>5:30 *Dinner: Pizza</b> 6:30 Cards/Games	<b>26</b> <b>9:30 Strength Training</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	<b>27</b> 10:00 * ESL Class 10:30 Dance Exercise <b>11:30 Chinese Mah Jongg</b> 1:00 Rummikub	
<b>Cabin Fever Day • Friday, February 28, 2014 • 10:00 am-2:30 pm • Frederick Senior Center</b>				